



Blackberry-Almond Tea Cakes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



251 kcal

DESSERT

Ingredients

- ☐ 7 oz almond paste
- ☐ 2 cups blackberries fresh (see notes)
- ☐ 0.3 lb butter at room temperature
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 2 teaspoons orange zest freshly grated
- ☐ 12 servings powdered sugar

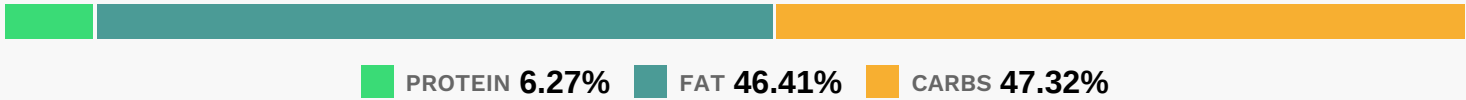
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ spatula
- ☐ muffin liners

Directions

- ☐ Preheat oven to 35
- ☐ In a bowl, combine butter, granulated sugar, almond paste, and orange zest. With a mixer on high speed, beat until mixture is blended, about 2 minutes.
- ☐ Add eggs and beat until fluffy, 1 or 2 minutes.
- ☐ Add flour, stir to mix, then increase speed and beat until well blended. Batter will be thick.
- ☐ Fill a pan of 12 buttered or paper-lined muffin cups (1/2-cup capacity) about 2/3 full with batter. With a small flexible spatula, spread batter smooth. Arrange a few blackberries on top of batter in each cup; lightly press berries into batter.
- ☐ Bake until cakes are golden brown, 25 to 30 minutes. Cool in pan about 5 minutes.
- ☐ Serve dusted with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:18.34, Glycemic Load:8.92, Inflammation Score:-4, Nutrition Score:6.7130434927733%

Flavonoids

Cyanidin: 23.99mg, Cyanidin: 23.99mg, Cyanidin: 23.99mg, Cyanidin: 23.99mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 8.89mg, Catechin: 8.89mg, Catechin: 8.89mg, Catechin: 8.89mg Epigallocatechin: 0.02mg,

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 251.13kcal (12.56%), Fat: 13.27g (20.42%), Saturated Fat: 5.57g (34.83%), Carbohydrates: 30.44g (10.15%), Net Carbohydrates: 28.06g (10.2%), Sugar: 19.2g (21.34%), Cholesterol: 51.32mg (17.11%), Sodium: 74.74mg (3.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.07%), Vitamin E: 2.83mg (18.85%), Manganese: 0.37mg (18.52%), Folate: 41.43µg (10.36%), Selenium: 7.05µg (10.07%), Vitamin B2: 0.17mg (10%), Fiber: 2.38g (9.53%), Phosphorus: 78.03mg (7.8%), Magnesium: 29.85mg (7.46%), Vitamin B1: 0.1mg (6.96%), Copper: 0.14mg (6.84%), Vitamin A: 333.91IU (6.68%), Vitamin C: 5.51mg (6.68%), Iron: 1.05mg (5.86%), Vitamin K: 5.47µg (5.21%), Vitamin B3: 1.02mg (5.09%), Calcium: 44.56mg (4.46%), Zinc: 0.56mg (3.75%), Potassium: 116.67mg (3.33%), Vitamin B5: 0.27mg (2.7%), Vitamin B6: 0.03mg (1.64%), Vitamin B12: 0.09µg (1.5%), Vitamin D: 0.17µg (1.11%)